DYSKINESIA

THE PET AILMENT OF ERRING MILLIONS

What TO DO ABOUT IT

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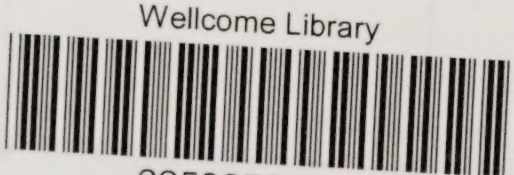

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DYSKINESIA

What to Do About It

ONE of the simplest forms of animal life is the ameba, which consists of a single cell. This little fellow has no trouble whatever with Dyskinesia, commonly called constipation. When he is hungry, he wraps himself around a particle of food and stays until he has assimilated all the nutriment it contains, then he unwraps himself and goes his way.

Men and women are more complicated. They have a special apparatus for digestion. The process of turning a bit of food into human tissue is neither simple nor quick. Men and women can see, smell and taste their food before eating it and use intelligence to determine whether it will be good for them. Then, if they are wise, they will chew the food thoroughly and moisten it well before passing it along to the stomach. Its stay in the stomach lasts from one to five hours, depending upon the character of the food and the ability of the stomach. The food then slides along twenty-odd feet of small intestine, and mixes with the juices from the liver and pancreas, and while it is being further digested, the "good" it contains is being absorbed into the blood for storage and use. What remains goes through a valve into a larger tube six feet or more in length called the colon. There, it is dried somewhat, and after a few hours passes out of the body.

Normally, the whole process takes from twelve to thirty-six hours, but there are many chances for delay. And this is not strange, for the procedure is highly complex and depends upon many contingencies. The process is self-acting; a fortunate

thing, because if the individual had to manage it for himself, he would have little time for anything else. About all he has to do is to begin right and finish right. He must begin by selecting the right foods, and chewing them thoroughly; and finish by seeing that the waste is emptied regularly.

This would be easy enough for most persons if they lived normal, active lives, ate simple foods, and took plenty of exercise; but the lives of most people are far from normal, some of them select foods merely to please the taste, and many of them sit more than they walk. If to these indiscretions is added the neglect or reluctance to clean out the colon regularly, one may expect to suffer from constipation.

What Harm Does Constipation Do?

WHEN food waste remains too long in the colon, it decays. One then experiences a depressing feeling occasioned perhaps by the absorption of the waste products into the blood. If the decay occurs too frequently, more serious affections may develop; colds, sick headaches, indigestion, dyspepsia, or chronic inflammation of the intestines. And if the condition runs along for a few years, it may further the development of rheumatism, disturbance of the gall-bladder, disease of the kidneys, and other diseases, frequently associated with old age. In fact, constipation is probably one of the important influences in making people old before their time.

Because the dangers arising from constipation are rather commonly known, the taking of laxatives has become almost a national habit. This is to be regretted. For laxatives do not cure constipation. Their first effect is to relieve it; their final effect, to make the condition worse than it was.

Yet constipation can be cured. People can escape its immediate effects, and avoid many of its attendant illnesses.

Have You Constipation?

PROBABLY not, but find out. In babies and in lower animals, after a full meal has been taken, there is a reflex stimulation of the whole digestive tract, which is followed shortly by a normal impulse of the bowels to move. The habit is natural and, to some extent, is worth cultivating. Some physicians insist upon three evacuations a day. But a thorough movement of the bowels after breakfast or after supper is likely to prove quite sufficient.

One should, however, be sure that it is sufficient. Some people have a regular movement each day, and yet are constipated. The movement is merely the overflow of a reservoir that never sufficiently empties itself. What is voided may be the residue of a meal that was eaten several days before.

If you lack the abounding vitality, energy, and vigor which accompany perfect health, go to a good physician and get a "health examination." It is the most practical way to insure your health, and it is a wise precaution even though you are perfectly well.

During 1914 and 1915, 6,000 Metropolitan Life Insurance Company Ordinary policyholders took advantage of the free medical examinations which the Company offers. All persons examined were given hygienic advice and those impaired were urged to consult their own physicians.

At the close of 1924, or ten years after the first examination, 421 persons had died out of the 6,000 originally examined, where 513 deaths had been expected.

There was, therefore, a total saving of ninety-two lives for the ten-year period. This is indicative of the benefits attached to health examinations.

In the course of your health examination, your doctor will make simple tests for hidden constipation. If he finds evidences of it, he will tell you. There are two forms of the ailment:

one, the most common and less serious, which usually yields to simple diet and exercise; the other, less common but more serious, which usually requires careful attention by a physician.

What to Do for Constipation.

THE first "do" is a "don't." *Don't take laxatives.* They do not cure constipation, and they should be avoided unless for temporary relief and when prescribed by a doctor.

Be regular. You may have been careless, and may have lost the normal habit. If so, reestablish the habit. Visit the toilet at least once a day, say after breakfast—not to read the newspaper, but to move the bowels. Persist, and perhaps use the pumping exercise that is described later.

Drink water. Most people drink too little water. Consequently, the food residue lacks moisture and is hard to move. Take a glass of water, as soon as you get out of bed in the morning, before you exercise. Take a glass at 11 o'clock in the morning; one at 4; and a third, two hours after the evening meal. Finally, drink a cup or glass of some liquid other than milk with each meal.

This is very simple. Yet it has cured many cases of constipation and has brought years of good health to thousands. It is a good habit for anybody. Establish it and stick to it.

Six glasses of water a day is the minimum. Eight is usually better. Even more should be taken in hot weather. Avoid ice water, if possible. If nothing but ice water is available, however, sip it, slowly, so that the stomach will not be chilled.

Diet

MUCH of the food that is eaten nowadays does not contain enough roughage for the person who is inclined to be constipated.

Consider, for the moment, a common breakfast:

Orange Juice	No residue
Egg	Practically no residue
White Bread or Toast (one slice) or White Roll	Little residue
Coffee (one cup)	No residue

This is a typical modern breakfast. Although these foods meet many of the dietary needs of the body, they do not contain bulk or roughage which the bowels need to stimulate muscular movement known as peristalsis. Particularly for the sedentary worker whose intestinal muscles have become relaxed and sluggish, this meal will be deficient.

Keeping in mind that constipation is a modern ailment, and that, prior to modern times, human food contained a great deal of waste and residue useful in stimulating the bowel action, consider what the diet should be if constipation is to be relieved. Of course, we are now talking only of residue. Other constituents of the breakfast have other important merits which we cannot stop now to tell about.

Breakfast—Let the cereals for breakfast be of the whole grain variety. Eat whole wheat, yellow corn meal, oatmeal, or any cereal that contains all of its natural elements. Bran is sometimes desirable, in moderation; one tablespoonful may solve the problem, although bran does not agree with everyone.

Bread made from white flour contains no bran. White bread, however, need not be eliminated from the diet entirely. Made with milk as it is in the modern bakery, white bread makes a valuable contribution to the diet. For the sake of the bran and

other valuable properties in the less refined flours, include whole wheat bread, Graham bread, and bran bread.

Everyone should eat foods containing carbohydrate, protein, fat, mineral salts, and vitamins. In addition to this most of us must keep in mind the need for roughage.

The old phrase, "An apple a day keeps the doctor away," is good. Oranges have vitamin content; but apples, especially if the skin is eaten, furnish a greater amount of roughage. Other fruits, too, are good—cherries, grapes, apricots, peaches, prunes, and figs. Raisins sprinkled on cereals, make a good combination. Some people, however, find that fruit and cereal taken at one time distress the stomach. If you have that experience, try getting your bulk from one alone, either the fruit or the cereal. If you are fat, try the fruit; if you are thin, the cereal. Or use one, one day; the other, the next.

A sensible morning meal should include

A WHOLE GRAIN CEREAL OR
WHOLE WHEAT, GRAHAM OR BRAN BREAD
BRAN (if necessary)
AN APPLE (including skin)
OR
CHERRIES, GRAPES, APRICOTS
PEACHES, PRUNES, FIGS

Now add anything else you need to complete your meal, and consider the breakfast problem solved.

Lunch—If you are a white-collar worker, and expect to go back to your desk and do good work, the mid-day meal should be light. Many persons make it too heavy.

The best quick lunch for the average desk worker, who must hurry, is a bowl of milk—or half milk and half cream, if preferred—with whole wheat bread, Graham crackers, bran biscuits, or one of the ready-to-eat cereals. That will provide all the food elements the desk worker needs and plenty of residue. Let it be followed by a few moments of leisure in congenial company, and you will be ready for work again.

Among the worst quick lunches are: 1. A soda and a sandwich. 2. Coffee and pie. 3. A frankfurter and a pickle.

Note—One of the best ways to prolong your life is to make your own garden and raise your own vitamins and roughage. The spading fork should precede the table fork. Send for a seed catalogue today. If your plot of ground is no bigger than a blanket, dig it, weed it, plant it, and tend it yourself.

You may well adopt a fresh, uncooked vegetable salad as a regular part of your lunch, dinner, or supper. A recipe for one of the best of such salads follows.

King Salad

RAW CABBAGE. Shred fine; soak one hour in cold water; drain.

RAW CARROTS. Scrape; wash; shred fine.

Take equal parts of the cabbage and the carrots, and add any other uncooked vegetables that you wish; shredded or chopped green peppers, onions, celery cut across the stalk, and, perhaps, sliced cucumbers, if you can digest them. If you wish, you can vary this with a choice of cooked vegetables; peas, beets, string beans, etc.

DRESSING. Salt, ½ teaspoon. Lemon juice—instead of vinegar—1 to 2 tablespoons. Olive oil, 4 tablespoons. Mix in the order given and beat vigorously. Rub a kernel of garlic on the inside of the mixing bowl, or mix a very small part of the kernel, chopped and crushed, in the salad itself. If you feel that you must have pepper and mustard in the dressing, use them moderately.

Serve on lettuce, escarolle, dandelion, or the like, with or without sliced raw tomatoes.

A heaping plateful of such a salad, garnished with a sliced hard-boiled egg; two slices of whole wheat bread, and a glass of buttermilk, will make an ideal lunch. This salad is particularly good because it contains carrots, an excellent intestinal stimulant. The properties of the carrot have given rise to the popular belief that eating carrots is good for the complexion, which is true.

Although one will want to vary the ingredients of the salad, carrots and cabbage may frequently be used as the base; in proper season, sauerkraut may be used in a large variety of appetizing and healthful salads.

If you require more food for lunch, see that it includes at least one vegetable other than potatoes. Except for rapidly-growing young people, meat and fish are generally needed only once a day. Some persons, according to certain authorities, do not need them at all. Your health doctor can advise you on this point as soon as he finds out how well, or how badly, your kidneys are doing their work.

Supper or Dinner—The typical American dinner is the result of a long effort to adjust the available food supply to the needs of the body. Consider the usual items and their food content

SOUP	Water, salts, vegetables, meat juices, vitamins—little roughage, but a good digestive stimulant.
MEAT	Proteins and some fats, mineral salts, relatively little roughage and vitamins.
VEGETABLES	Carbohydrates, vitamins, salts and roughage. Some protein and fat. All the food elements.
DESSERT (Cake, pie, pudding)	Carbohydrates, and generally little else—but enjoyable, and usually taken in excess.
FRUITS, NUTS	Containing, between them, vitamins and all the various food elements.

This dinner contains all the necessary food elements and usually two or three times the necessary quantity. The use of soup is an excellent custom. Soup stimulates the tired glands of digestion. But some soups are better than others; the better, those which contain green vegetables or their extracts; the worse, those which are built up with white flour, spaghetti, macaroni. The latter, however, may be the better for you if you are doing hard physical work and need food that generates energy. Meat has been spoken of before. The most important part of the dinner, however, is well cooked, well seasoned, fresh vegetables. If others in your family do not like vegetables,

try some new methods of preparation; send for the Metropolitan *Cook Book*, and see how much help you can get from it. Not only will it help you to save food, but to keep in the food its life-giving qualities.

Dessert gives an opportunity to eat many kinds of fresh and stewed fruit. A properly-baked apple pie, rhubarb pie, or raisin pie is a delight and may be very good food. Puddings and pastries are, as a rule, poor food for those who sit at their work, although perfectly satisfactory for those who get plenty of outdoor exercise. To give the meal its final touch, it is well to have on the table a dish of apples, raisins, figs, and nuts.

The priceless ingredient of the meal, however, is a spirit of happiness and cheer. Pick up some interesting anecdotes, stories, or jokes during the day, and tell them at the dinner table. Laughter is good exercise for constipation. It is the only exercise, other than talking and chewing, that should be taken during the meal.

If you follow the suggestions concerning breakfast, lunch, and dinner, you probably will overcome your constipation, and live longer. Some foods seem to slow up the action of the intestinal tract—eggs; milk, for some people; cheese—particularly cottage, pot, or farmer cheese (smearcase) or cream cheese. White rice, cornstarch, gelatine, long-cooked cereals (from which the bran has been eliminated), gruel, tea, chocolate, and cocoa are said to be constipating.

In the following tables are given the roughage value and calorie values of certain common foods. The calorie is the measure of the heat and work producing value of foods. Roughage indicates their value as a remedy for constipation. If you are thin, pick out the foods with high caloric value; that is, those where you get your calories with the smaller quantities of food. If you are fat, you should select foods with low caloric value.

VEGETABLES

	Per Cent. Cellulose (Roughage)	100 Calorie Portions
Asparagus	8	20 stalks
Beets	9	4.2 in. diam.
Cabbage	1.1	2 cups
Carrots	1.1	4-5 young
Cauliflower	1.0	1 small head
Celery	*	30 stalks
Green Peas	1.7	¾ cup
Lettuce	7	2 heads
Onion	8	3-4 medium
Parsnip	2.5	3 large slices
Potato	4	1 medium
Spinach	9	2 cups
Tomatoes	6	2-3 medium
Turnip	8	1 cup

CEREALS

Bran Flakes	*	¾ cup
Corn Meal (cooked)	1.0	⅔ cup
Graham Bread	1.1	½ in. slice medium loaf
Oatmeal	1.3	1 cup
Wheat (Farina)	4	¾ cup
Whole Wheat Bread	1.2	½ in. slice medium loaf

FRUITS

Apples	1.2	1 large
Cherries (stoned)	2	1 cup
Cranberries (fresh)	1.5	2 cups
Figs		1½
Grapes	4.3	20
Grapefruit	*	½
Oranges	*	1 large
Prunes	*	2 and 2 tbsp. juice
Raisins	4.3	¼ cup
Raspberries	6	1⅛ cup

*These are excellent foods for constipation, although exact percentage figures for cellulose are not available.

There you have your diet guide. Study it carefully; apply it faithfully. Many people have tried it and are able to say, "Yes, if I eat right, I feel right."

Right eating alone may cure constipation. Try it out for six months, consistently. You will unquestionably feel better. And six months is a short time compared with the great number of months through which you hope to live, and to enjoy life.

Even this rule, however, has its exception. There is a common form of constipation, associated with an irritation or an inflammation of the large intestine, for which the foregoing diet is not a remedy. The intestine is sick. Bran and uncooked food will cause irritation, pain, gas, diarrhea and more constipation. Here, again, is an urgent reason for the health examination. The health examination should give you a correct knowledge of the facts immediately.

If the intestine is sick, you need the attention of a physician. You must get your bulk in a form that will be soothing. Your physician will probably advise you to avoid raw vegetables and raw fruits; to avoid cabbage, cooked or raw. He will prescribe a special diet and may decide to use some of the accessory foods.

Additional Aids

WHEN exercise and diet do not relieve constipation, certain substances that give further help, and yet are not open to the objections made to laxative, may be used. In most cases, they give kindly aid to nature without any concurrent harm.

Mineral oil is one of these substances, and it will lubricate and soothe even an irritated colon. A tablespoonful or two may be taken at night. If too much is taken, however, it may cause annoyance by leaking. While it is an aid that anybody can use, it is an artificial aid, and for that reason should be dispensed with as soon as possible. The principal objection to it is that lazy people will use it instead of proper exercise and diet.

The same observations apply to agar, or agar-agar (dried extract of sea-weed). It comes in grains or flakes, and when mixed with water, swells and makes a slippery jelly that is a good lubricant. It has the advantage of supplying bulk without roughage, but it is rather expensive. Ask your doctor how and when to take it.

Psyllium is another harmless help to the needy. It consists of the seeds of Plantago Psyllium. It looks like birdseed, becomes slippery when moistened, and, like the seeds of figs, aids bowel movement. It is not troublesome to take, since the seeds mix well with water or with honey, which was the laxative commonly used in the days of our great-grandmothers. Psyllium is slightly stimulating, as well as lubricating, A tablespoonful can be taken with each meal.

Enemas

THE subject of enemas suggests the response made by the small boy in Sunday School to question, "What is a lie?" His answer was, "A lie is an abomination unto the Lord, but an ever-present help in time of trouble."

One enema often creates the need of another, and may lead to the enema habit, a habit that cannot be approved unless the intestine is hopelessly inactive. When conditions make the enema necessary, it is best employed by reducing the quantity of liquid used to a cupful at a time, so as to wash out only the lower bowel. The high enema, the colon irrigation and the medicated irrigation are matters for the physician's direction exclusively. Suppositories, too, should be used only when prescribed.

Exercise

DIET alone may not correct constipation. One who leads an inactive life must expect to have a flabby body. Diet and exercise, like the two oars of a row-boat, should be used together, and the victim of constipation should pull as earnestly with the one as with the other.

An inactive, stodgy physical life offers the stomach and intestines no incentive to the alert and vigorous digestion of food. It fails to keep the liver, heart, and circulation normally active. It is an unhealthful way to live and may affect the whole body.

Suitable diet and proper exercises can usually be relied upon to cure even an obstinate case of constipation. They will frequently banish that tired, stale feeling, make one tingle with vim and energy and really *live* again.

The housewife, however, should not mistake her housework for exercise; nor should the floorwalker assume that, when he paces about the floor of the store, he is exercising. Both are working, and their work is tiresome. Day after day it tires the same old muscles and the same old back, while it neglects the vital muscles around the waist and diaphragm. Work wearies; exercise refreshes. Exercise builds up the muscular system, and makes work easier. Even laborers need exercise other than their regular work.

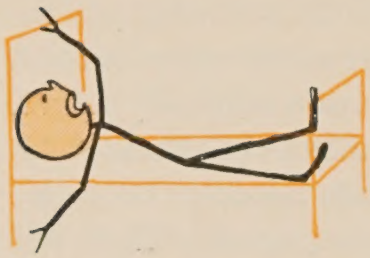
Abdominal Muscles Important

GETTING the abdominal muscles and the abdominal organs in first-rate condition is the first step toward assuring longevity and renewing vitality. The Chinese are said to have supposed that the liver was the seat of the soul. The ancients gave to gloominess of long standing the name of "melancholia" (black bile), believing that the cause lay in the liver, and if a man was cranky, they termed him "choleric" (bilious)—and modern science has much to support this homely theory.

Exercises

THE effectiveness of certain exercises in overcoming constipation has been scientifically proved. The first of the following exercises is a pleasant method of waking up the organs of the body. Do it in bed before arising. It will prepare you for the others that are to follow.

NOTE. These exercises are taken, with permission, from *Physical Exercise for Daily Use*—C. Ward Crampton, M.D., published by G. P. Putnam's Sons, New York City; all rights reserved.



The Wake Up—Place hands, tightly closed, on shoulders. Take a deep breath, lifting chest. Push head back. Bend the body to the right. Stretch the left arm up, the right arm out, and S-T-R-E-T-C-H. Twist the body about, straightening out the right arm, and finally let the breath go as the stretch comes to an end. Repeat, stretching the right arm up and bending the body to the left.

This is a natural stretch; scientifically started and scientifically finished. So just enjoy a good, long-drawn-out S-T-R-E-T-C-H. Get the head away back; take a long, deep breath; feel that stretching impulse; then twist and bend, getting the whole body into action, even to the toes. Yawn and grunt as much as you wish. After that, rest a moment, taking a few comfortable breaths; then take another good, long stretch, twisting to the other side.

The heart is working freely; the circulation is stimulated. Now you are ready for the next exercise.

Pumping—Lie on the back, the body well relaxed. Count eight. During the first six counts, make the chest big, pulling it well up and letting the abdomen become hollow. During the last two counts, make the chest small, pushing down, and making the abdomen large.

Repeat, three to five times, without breathing; then take three slow, long breaths.

Continue the exercise until you have enlarged the chest and the abdomen alternately from fifteen to twenty times.

During the eight counts, the action is a see-saw movement; the chest rises while the abdomen falls. It is also a pumping movement; as the chest gets big, it sucks in the abdominal wall, and as the chest gets small, the diaphragm makes the abdomen expand.

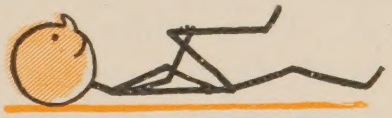
Do not breathe while you are pumping. Breathing lessens the effect on the circulation.

This is an effective abdominal exercise. It squeezes, massages and stimulates the liver and intestines. It exercises and strengthens the abdominal wall. It has also the unusual merit of exercising the diaphragm, and a good diaphragm is worth ten pairs of bulging biceps.

This exercise is ordinarily done in a reclining position. But an even better way for you to do it is on your hands and knees or all fours like a cat. This allows the intestines to hang down and straightens out many kinks—Lane's kink and others—one of which may have been the cause of your constipation.

Many pages would be required to set down the story of this exercise and the unique physiology that brings it to bear. Ask your doctor about it.

The Sigmoid Appendix Special—This is a nutcracker movement. There are two places in the abdomen in which stagnation is common, the right lower corner and the left lower corner. On the right side is the cæcum—a blind pouch—where the large intestine begins. It must empty upward, against gravity, a movement that is difficult. When the cæcum loads up and presses on the appendix, which is just under it, there is little reason for wonder that the poor worm should turn and bring on appendicitis. On the left side are the loops of sigmoid flexure, a twist in the large intestine which is a favorite spot for the delay of residue. The nutcracker movement reaches both sides.



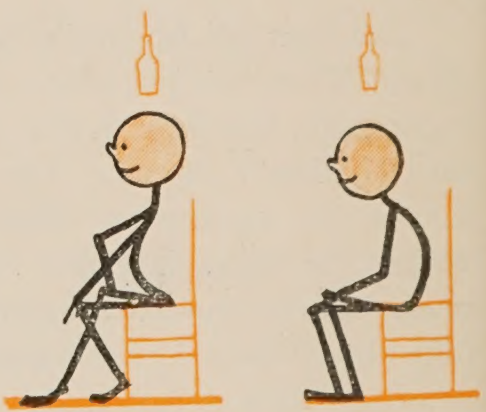
Lie on the back. Place the left fist, firmly closed, low down on the right side, with the knuckles deep in the hollow of the groin. Bring up the right knee so that the thigh squeezes the fist into the lowest part of the abdomen, immediately over the cæcum and appendix. Thinking of the left fist as the nut to be cracked, place the right hand on the right knee, and pull down

the upper right leg as if it were the shank of a nutcracker. Crack the nut three times; then return leg to its normal position.

Change to the opposite side, and give the sigmoid the same kindly but energetic treatment; again cracking the nut three times. Repeat the exercise four times on each side. Do it slowly; press down deep; be determined. If any residue is lingering in these regions, it will be hurried along. You will find, too, that this exercise is an excellent abdomen reducer.

If, by any chance, your appendix has become inflamed, this exercise may irritate it; but it is assumed that you have had your health examination and the physician has advised that the exercise may be safely employed.

Churning—This exercise is the hardest to learn and the easiest to do. Do it in front of a mirror. First, buckle a belt about your waist in the usual fashion. Then, suspend a jackknife or other article from the chandelier, and sit directly under it. Then, while you keep your head directly under the jackknife, make a circle with the buckle of the belt from right to left or from left to right.



Begin by practising the forward and backward movements only. They will pass along the diameter of the circle you are going to make later.

Crumple down; then, straighten up. Keep your head where it belongs, and make the buckle travel at least six inches forward and back.

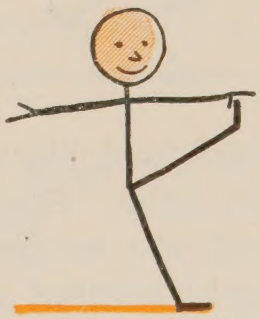
Now for the side movement. Carry the buckle to the right, making a bow of your body while you keep your head under the string. This will bring the left hip up toward the left elbow. Now carry the buckle to the left, bowing the body to the left. Practice till you get a free, easy motion.

Now try the circular movement. Carry the buckle to the front; then, over a circular path, to the right, to the back, to the left, to the front. Do it again and again until you make large, slow, perfect circles, and be especially careful to keep the head in place. When you have learned the circle to the right, try it in the opposite direction. Ten times each way is good, twenty is better.

For 3,000 years, the churning exercise has been part of the body-training ritual of the adherents of the Buddhist religion. The Yogi uses it to gain control of the internal workings of the body, particularly of the intestines, and with certain success.

Children learn "Churning" easily. Older folks, whose bodies are stiffened, find it more difficult, but need it most. It churns the intestines, strengthens the abdominal walls, reduces the abdomen and hips, strengthens the back. It can be learned by anybody. Even if six months will be needed to perfect it, as the Yogis assert, the effort is a thousand times worth-while.

The Cross-Over—Here is an easy one that will make your trunk muscles tough as whipcord.



Lie on the back, in the form of a cross; the arms extended. Carry the right foot up and to the left until it rests in the left hand. This movement twists and squeezes the abdomen and its contents; and it is easy unless you are stiff or troubled with a large waistline.

Return the right foot to its place, and put the left foot in the right hand. Don't cheat; keep arms well extended. Now alternate right and left, rolling the hips briskly, and grunting a little—if you must.

This exercise can be done in a standing position. It is then more difficult, and is known as the Cross-kick.

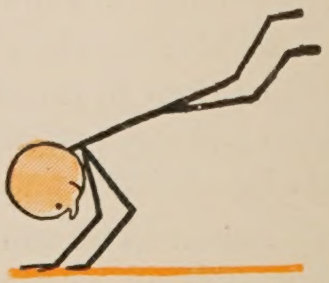
Menagerie—Exercise need not be a bore. Shed your dignity and dulness, and get a little fun out of it. Get down on the floor

on your hands and feet (not your knees). This puts you on all fours, like a pussy-cat. Now prowl around, taking big steps so that the foot comes up to the hand every time. Stalk around the chair and around the table.

When you can walk, trot a few steps. Growl if you like, and make believe you are a sleek, slim, dangerous tiger. Take twenty steps, forty steps, and if you have to lie down and laugh, so much the better. You are patting the liver on the back, bringing the diaphragm into action, and taking the sad wrinkles out of your face. It's real fun, and, once done, the effects ripple around through the tissues during the day and often bubble up to the brain and break out on the face in a smile. A childish thing to do? Yes, but isn't youthfulness just what you want?

Can you walk? Can you trot? Good! Now hop. Bring your long legs up to your hands with each hop, and be a jolly frog—but look out for the furniture.

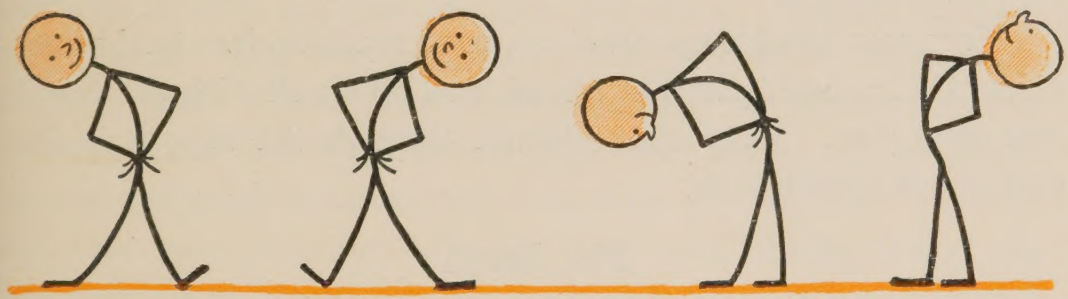
Imitate other animals. Take your hands from the floor, and waddle along with your knees bent, like a duck. This was one of the trench exercises of the army. Hop like a kangaroo. Put your hands down again, and, like an awakening dog, stretch one leg high behind you and shake it. Scratch the floor with the hind legs, like a woodchuck. If the coast is clear, use your legs to imitate the kick of the army mule.



You may think it strange that what is so much fun should be good for you. Yet the Menagerie Exercises straighten out the kinks in the intestines as well as in the disposition. It massages the intestines, reduces the hips, and reduces the abdomen.

Let the children, too, join the Menagerie, as a reward for brushing their teeth and drinking the routine glass of water.

N-E-W-S—Now on your feet again, get ready for some vigorous body-bending. Spread the feet apart and place the hands on the hips. Keeping the knees straight and the face to the front, bend first to the right, then to the left, then forward, then backward (not too far backward for oldsters).



N E W S

Sway like a tree blown by the wind; right, left, front, back. This exercise takes its name from the points of the compass, and from the fact that it brings good news to your organs and to the muscles of your trunk, news of particular importance to your old friend, the liver. The liver is squeezed and stretched, again and again.

Repeat the exercise a dozen times, making your bow to all four points of the compass, and improving on the ritual of the Mohammedan, who bows only to the East.

The Star Gazer—This is the last exercise before your morning shower. It is designed to give you correct posture for the day's work and fun.

Interlace your fingers behind your neck. Draw in the abdomen, lift the chest, and look up, straight up, as if your gaze were directed to the eternal stars burning beyond the sun.

Now, keeping your hands as they are, turn your head slowly to the right until you see the star in the East, toward which your right elbow is pointing.

Turn back across the sky till your gaze goes to the last star in the West.

Turn your head and eyes from East to West, and from West to East, until you have swept the heaven six times. Then release the hands.

Now your head is up, chest up, back straight, face to the sunshine, feet pointed straight ahead, and all's well with the world and with you. Keep that posture through the day; it is the posture of vital health.

The Bath

Now for the bath. Take a quick soap-scrub in warm water, then, if your bath is a shower, turn on the spray—cool at first, and gradually colder till you dance a bit. If your bathing equipment is a tub and spray attached to the faucet, the results will be as good. Rub dry with a rough towel; dress quickly; and you'll have a keen appetite for that model breakfast.

Other Exercises

The exercises described go directly to the cause of constipation and will help you to root it out, but for general results they should be supplemented by other exercises. Unless your work involves a great deal of outdoor walking, a daily walk of at least an hour in the fresh air will be an important help in building up a rugged body. The fussy little steps in and around the office, factory, or home will not do. Get out and away, striding along with head and chest up, breathing full and deep. The last fifteen minutes will do as much good as the first forty-five.

Walking puts you in a state of exercise with every tissue working in its normal rhythm. It increases physical and mental tone, stimulates the appetite, and braces up the whole body. Physicians who have examined habitual walkers in their later years have observed that walking is a life-enriching, life-purifying habit.

If you are in your twenties or thirties, or even in the well-cared-for forties, get two or three periods of vigorous exercise every week. Join a gymnasium. Play handball, volley ball, tennis or golf. If you have a radio, and you are within range of a station that broadcasts setting-up exercises in the morning, tune in and work to music with the help of a director. Before you plan your program, however, have your health doctor tell you what your limitations are and what your program should include.

The sturdiest, happiest-looking people are those who have the hiking habit. It brings them back to their old home, for the human race was cradled and reared in the great outdoors. Every week-end the hikers are off, by trolley or motor, to some convenient starting place, and spend half a day or a full day in the open air. They know and enjoy the fields, the woods, the hills, the valleys, the brooks, the highways and the winding trails.

Get a map of your section by sending ten cents to the United States Geological Survey at Washington, D. C., and select your route. Pick out a friend, or several friends, to go with you; pack your lunch, and go. If you have been a Boy Scout, Girl Scout or Camp Fire Girl, you know what to do. If not, it will pay you to make the acquaintance of the youngsters in the nearest troop; you can learn a good deal from them and you may be able to help them. Older persons with capacity for leadership are always in demand, and you will be welcomed. Then you will realize some of the great benefits that always come from helping others.

Conclusion

Now you have the whole thing in a nutshell:

First, get your health examination. The Metropolitan Life Insurance Company believes so firmly in the health examination that it offers examinations periodically and without charge to certain classes of its policyholders. If your insurance company does not provide you a health examination your own physician will make one for you for a reasonable charge. Be examined, and follow the doctor's instructions.

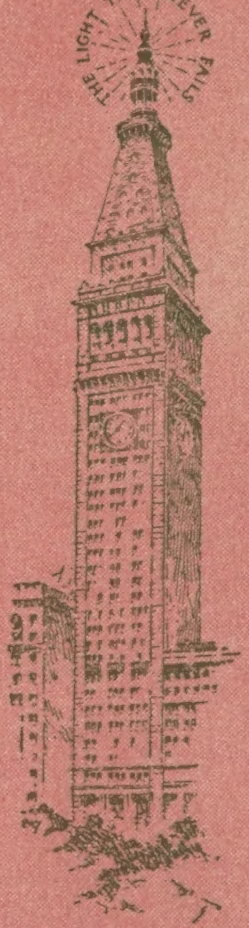
Second, get your diet list in order, and hold to it consistently and habitually.

Third, do your exercises daily. If you live in a place where setting-up exercises are given by radio, tune in and follow them faithfully. If not, arrange your own schedule and do them on arising each morning.

Finally, get out into the country for the long hike as often as you can; get into the open air for such regular, vigorous exercise as your age permits; and, no matter what happens, take your daily walk.

Do these things and you will increase your efficiency, improve your health, live longer and enjoy life more fully.

If questions occur to you in this connection which are not answered here *SEE YOUR DOCTOR and FOLLOW HIS ADVICE.*



METROPOLITAN TOWER
MADISON SQUARE
NEW YORK

M. L. I. CO. PRESS—(e) 431 L.W.—PRINTE